

# Health Sciences

Be a Health Sciences major at Sage and discover...

## Where you'll go...

If you're interested in health and wellness and believe a career as a health care professional is for you or if you're looking for an undergraduate program with a strong science foundation to prepare you for an advanced degree in a health related field, Health Sciences is the program for you.

Health Sciences is a pre-professional program that prepares students for employment or graduate education in health and human service areas—growing fields that need people like you. According to the US Department of Labor, the health care/services industry is an excellent growth area due in part to an aging population, advances in medical technology, and a shift from inpatient to outpatient services.

## What you'll do...

*See yourself...*

- Managing a corporate fitness center implementing educational health and wellness programs.
- Educating the population on health and wellness and the positive impact it has on quality of life.
- Performing diagnostic fitness assessment tests and developing exercise prescription plans for injury or disease prevention.
- Working in government public health agencies.
- Enrolling in a graduate degree program in Physical or Occupational Therapy, Athletic Training, medical, dental, or other allied health education programs.

## What you'll earn...

Because a Health Sciences degree can prepare you for a multitude of health care employment settings, your earning potential is vast.

The median earning of a Physical Therapist nationwide is \$62,000-\$72,000 and \$54,660 for an Occupational Therapist. Health educators can earn up to \$65,000 a year.

## At Sage you'll...

- Examine the mind and body during your educational preparation.
- Study applied and natural sciences courses.
- Investigate complementary medicine in health and wellness.
- Examine the impact culture has on health, illness and medical intervention.
- Acquire skills to promote positive healthy lifestyle changes in community or family members.
- Take advantage of the opportunity to accelerate into Sage Graduate School programs in PT or OT.
- You can earn a B.S. in Health Sciences and a Doctor of Physical Therapy degree in just six years. Or, combine your B.S. with a master's in Occupational Therapy in little more than five years.

## How you'll get there...

Coursework specific to the major is completed in the Health Sciences domain as well as the natural and applied sciences areas. The professional preparation is complimented with additional coursework in the liberal arts.

## Health Sciences Core Courses:

Health and Wellness across the Lifespan  
Cultural Perspective of Health, Disability, and Wellness  
Community Health Education  
Complementary Health Care  
Exercise Prescription in Health and Disease

## Natural and Applied Sciences Courses

Anatomy and Physiology  
Biopsychology  
Physics  
Nutrition Sciences  
Pathology and Prevention of Injury  
Exercise Physiology

## Support Courses:

Introduction to Psychology  
Health Psychology  
Human Development  
Statistics  
Research for Health Professionals

For those interested in the accelerated graduate degree programs in Physical or Occupational Therapy, visit the following links:

[www.sage.edu/academics/schoolofnursingandhealthsciences/physicaltherapy/index.php](http://www.sage.edu/academics/schoolofnursingandhealthsciences/physicaltherapy/index.php)

[www.sage.edu/academics/schoolofnursingandhealthsciences/occupationaltherapy/index.php](http://www.sage.edu/academics/schoolofnursingandhealthsciences/occupationaltherapy/index.php)

#### **About the Faculty**

The diverse and talented members of the Sage faculty are highly credentialed academicians and dedicated teachers who are also authors, researchers, practitioners, and leaders in their fields. They encourage, challenge, and support Sage students and provide programs of study that connect the classroom to the world beyond campus.

#### **Russell Sage College—Women of Influence**

At Russell Sage College women are encouraged to take risks, discover their strengths, and apply what they've learned to improve the world around them. Women dominate every class discussion, run student government and the campus newspaper, and win all the academic prizes and scholarships. But, that doesn't mean Sage is a campus without men or without the potential for an active social life; it means that in the classroom, in the lab, on the playing field, and beyond, Russell Sage students are free to be their most intelligent, creative, determined, successful selves. .

#### **Be. Know. Do.**

Russell Sage College was founded in Troy in 1916 by suffragist Margaret Olivia Slocum Sage, with the guidance of Eliza Kellas, head of the college preparatory Emma Willard School (also located in Troy). Together they founded Russell Sage College as a "school of practical arts," one of the very first institutions to offer women the means of economic and social independence through preparation for professional careers.

Sage remains one of the only women's schools in the country that require a women's studies curriculum. Through two courses -- Women in the World and Women Changing the World -- you'll come to

understand how women throughout history have struggled, adapted, changed, and flourished. This historical backdrop will lay the groundwork for your self-discovery as a woman in today's world.

Sage's Early College program is one of only two in the country designed for early college entry by outstanding young women in high school.

#### **Inspiring Women**

Inspirational women of influence have studied at and visited Russell Sage College. As a Sage student, you will learn by their courageous examples. Eleanor Roosevelt was the first person to receive an honorary degree from Sage; Senator Hillary Rodham Clinton has visited campus; Anita Roddick, activist, author, and founder of *The Body Shop*, has delivered the Commencement keynote; and activist Angela Davis, author and poet Maya Angelou, former U.S. Surgeon General Antonia C. Novello and artist Faith Ringgold have all visited.

At Russell Sage, women of all ages and backgrounds can gain a strong vision of their own power and potential. At Russell Sage, everything is possible.

For information about admission to Russell Sage College, please contact us at:

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Office of Admission  
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Troy, NY 12180  
1-888 VERY SAGE or  
(518) 244-2217  
rscadm@sage.edu  
www.sage.edu  
<http://www.sage.edu/rsc/admission/>

#### **Program Contact**

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